

July 2024 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Beef with Gravy Loaded Baked Potato California Blend Vegetables Pears in Strawberry Jello	2 Ham & Cheddar Cheese on a Whole Wheat Roll Chicken Rice Soup with Crackers Applesauce	3 Hamburger on a Whole Wheat Roll Potato Salad Watermelon Cubes Ice Cream Cup	4 INDEPENDENCE DAY AGENCY CLOSED	5 Swiss Steak with Tomatoes & Onions Mashed Potatoes Roasted Parmesan Cauliflower Chocolate Cake with Whipped Topping
8 Honey Mustard Chicken Tater Tots Broccoli Florets Fruit Cocktail Vanilla Pudding	9 Cheese Omelet Sausage Patty Whole Wheat Waffles with Syrup Orange Juice	10 Meatloaf with Gravy Mashed Potatoes French Cut Green Beans Whole Wheat Dinner Roll Applesauce	11 Grilled Chicken Salad with French Fries & Ranch Dressing Cantaloupe Cubes Oatmeal Raisin Cookies	12 Cheese Ravioli with Marinara Sauce Italian Blend Vegetables Breadstick Mandarin Orange Greek Yogurt Parfait
15 Salisbury Steak with Gravy Mashed Potatoes Sugar Snap Peas Whole Wheat Dinner Roll Pears in Orange Jello	16 Roast Pork with Gravy Stuffing Roasted Parmesan Cauliflower Applesauce	17 Chicken Marsala Scalloped Potatoes Broccoli Florets Chocolate Cake with Whipped Topping	18 Stuffed Pepper with Tomato Sauce Mashed Potatoes Mixed Vegetables Whole Wheat Dinner Roll Strawberry Mousse	19 BBQ Rib Patty Sandwich Baked Beans Mandarin Oranges
22 Philly Cheese Steak Sandwich French Fries Broccoli Florets Diced Peaches	23 Chef Salad Whole Wheat Dinner Roll Golden Fruit Parfait	24 Chicken Verona Small Shell Pasta with Marinara Sauce Tossed Salad with Red Wine Vinaigrette Mandarin Mousse	25 Baked Ham Mashed Sweet Potatoes Broccoli Florets Strawberry Cake with Whipped Topping	26 Baked Fish AuGratin Potatoes Roasted Brussels Sprouts Mixed Berry Blend Chocolate Chip Cookie
29 Roast Turkey with Gravy Mashed Potatoes Stuffing French Cut Green Beans Cranberry Apple Juice	30 Chili Loaded Baked Potato Broccoli Florets Pears in Cherry Jello	31 Chicken Caesar Salad Cream of Broccoli Soup with Crackers Fruit Cocktail Ice Cream Cup		